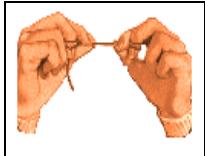


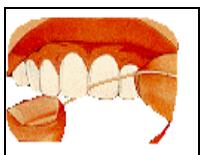
Sidee loo istcmaalaa xasawda ilkaha (Dental Floss)

1. Waxaad goysaa 18-20 iinj (45-50cm) oo xasawda ilkaha ah, kedibna (waxaad qiyaas dhan 12 iinj ama 30cm) ku duubtaa mid ka mid ah farahaaga.



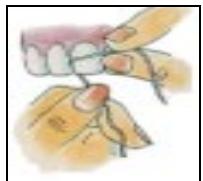
2. Qeybtii soo hadhay ee xasawda ilkaha ahayd waxaad iyadana ku duubtaa farta liddga ee ku taal gacanta kale. Fartanu waxay dubaysa xasawda ilkaha markay wasakhowdo .

3. Xasawda ilkaha waxaad si adaag ugu qabataa labadaada suul iyo farahaaga hore, adigoo qiyaas ahaan dhafaya xasawda qiyaasti 3cm gacmahaaga dhexdooda.



4. Wuxaan xasawda dhex gelisaa si tartib ah ilkahaaga dhaxdooda, hase yeeshii xasawda aad ha ugu riixin ilkaha si aysan u dhaawacin cirridkaaga.

5. Ilig kasta xasawda si adag ugu qabo, kedibna ilig kasta dhinacyadiisa kor iyo hoos ugu xoq waxaadna xoqitaankaas ka ilaalisaan in uu cirridka waxyelo gaadhsiiyo.



6. Qeyb kasta oo ilkaha ka mid ah sidaa ugu celceli, hana illoobin iliga ugu dambeeya dhiniciisa dambe.

7. Xasawda ilkaha isticmaal maalintii hal mar.

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Ilkahaaga ka dhig kuwa caafimaad qaba

Waxaa loogu talo galy dadk waaweyn



August 2000 - Somali

Keep Your Teeth Healthy: for Adults

Waxaad cuntaa unto caafimaad leh

 Waxaad cuntaa khudaar iyo furuud badan, jidhkaaga iyo ilkahaaga ayey adkeeynayaan.

 Iska ilaali unto sonkor iyo macaan badan leh.

 Haddii aad cuntid wax macaan, isla markiiba cadayo.

Waxaad isticmaashaa burushka ilkaha u haboon

 Burushka lagu cadayaneyo waa in uu yahay mid le'eg afkaaga, waxaadna xaqijisaa in uu gaadheyo ilkahaga dambe.

 Xasawda burushku waa in ay noqotaa mid ka sameysan Caag. (Waa in aysan noqon mid xasaw ka sameysan, sababtoo ah si sahlan ayey u go'aysaa, kedibna dullanka (bacteria) ayaa ku dhalaneysa.

 Dhakhtarkaaga ilkaha ayaa ku sheegi karaa burushka aad isticmaaleysid in uu adayg ama khafiif u noqoneyo iyo haddii ay ilkahaagu dhibaato qabaan amase u baahan yihin wax gaar ah.

Goorma ayaa la iska beddelaa burushka ilkaha



Burushka ilkaha waxaa la iska beddelaa, marka xasawdu kala firidho ama sidan oo kale u ekaato.

Waxaad isticmaashaa dawada ilkaha kan ugu haboon

 Waxaad soo gadataa dawada ilkaha oo leh FLUORIDE, si ay ilkaha bololka uga ilaaliso.

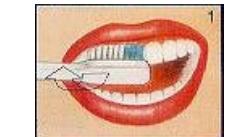
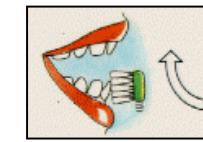
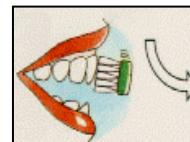
 Dhakhtarkaaga ilkaha ayaa kuu sheegaya waxyaabaha gaarka ah ee aad isticmaaleysid, haddii ilkahaagu dhibaato gaar ah qabaan.

Had iyo jeer cadayo

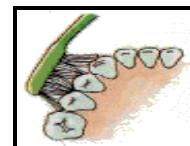
 Ilkaha waa in la cadeyaa maalin kasta ugu yaraan laba jeer, gaar ahaana subaxdii iyo ka hor inta aan la seexan. Haddii ay suurtogal tahayna waa in mar kasta oo wax la cuno kadib ilkaha la nadiifiiyaa.

Sida ugu habboon ee ilkaha loo cadeyo

1. Waxaad burushka ku qabataa ilkaha adigoo gaadhsiineya cirridka, iyadoo uu burushku ugu qotomo xagal ah 45 digrii.

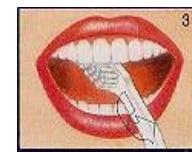


2. Burushka waxaad ka dhaqaajisa cirridka dhanka ilkaha jirjirkooda, si ay wasakhda cirridka uga gooyaan.



Burushka waxaad u dhaq dhaqaajisa, xagga hore iyo dib in la'eg ilig beladhki.

3. Marka aad burushka marisid ilkaha xagooda kor, sidoo kale u mari xagooda gudaha.



4. Si gudub ah waxaad burushka u marisa ilkaha qeybaha wax lagu calaliyo.



Waxaad burushka marisaa carrabkaaga si uu uga ilaaliyo dullanku neefta qudhmuun ee uu keeni karo amase wasakhda carrabka fuuleysa.